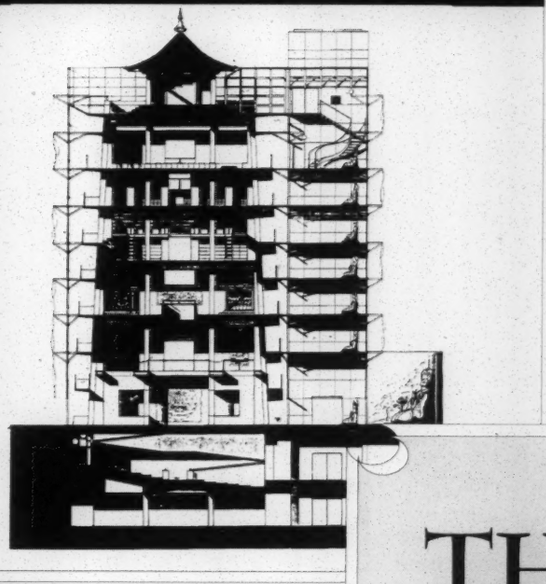
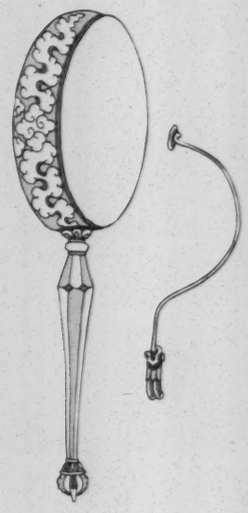
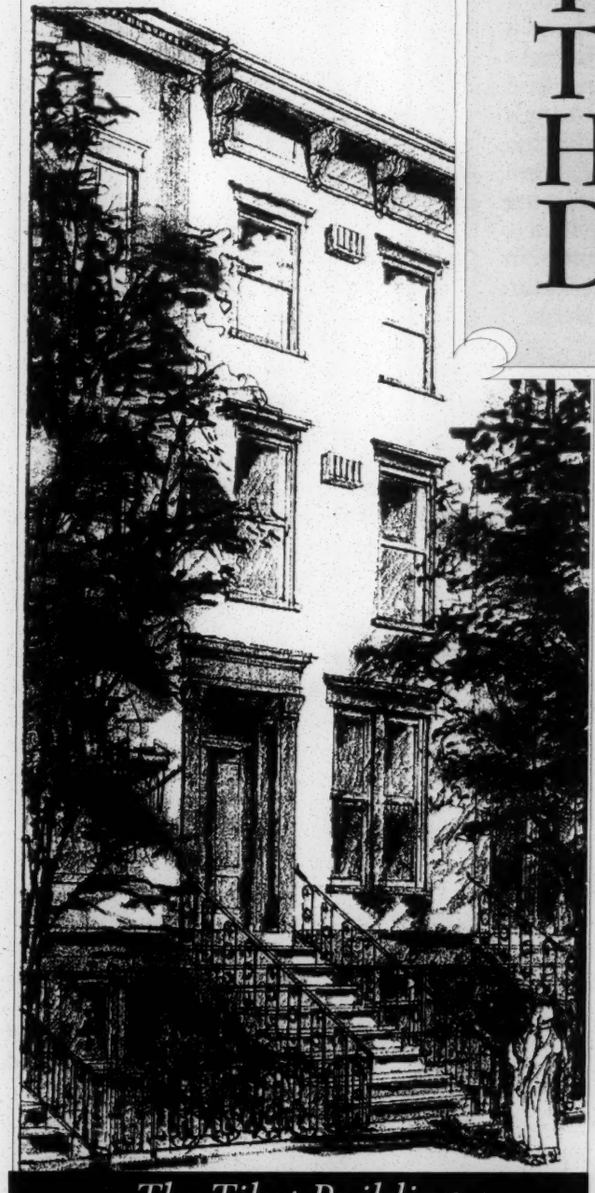
Volume 4 Issue 1
Spring-Summer 1995
New York City

Future Tibet House





THE TIBET HOUSE DRUM



The Tibet Building

Inside

The Monlam Great Prayer Festival, *pg 3*

"1995 *yamantaka* donation", *pg 4*

The Art of Dying Conference, *pg 5*

Heinrich Harrer, Life & Museum, *pg. 7*

Tibet House Programs at the Open Center, *pg. 8*

Calendar of Events, *pg.12*

Letter from the President

January 16, 1995 - Martin Luther King Jr. Day

Dear Tibet House Member,

I trust this issue of the Tibet House Drum finds you well and happy! The short-term prospects for the Tibetan nation seem grimmer than ever. We are all the more energized to persist in any small steps we can take toward securing its long term cultural future.

We've a new staff member, Mr. Steven Dempsey, and several expert consultants, who are helping us with the tremendous increase in our activities. Quite a number of our projects have been accepted here in the city (museum-without-walls, the archive project, the Mandala exhibition, teachings and conferences), on the West Coast (the Peacemaking conference in 1996), in Japan (The Sacred Art of Tibet reincarnating in four cities), and even in Europe. We now have to get them done! We have a small staff, limited resources, and such a small space - we proceed day by day as if it were a miracle. More volunteer assistance is always welcome!

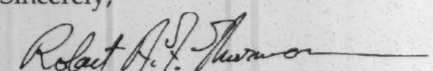
It seems clear from all reports that the current Chinese leadership, moving precipitously in anticipation of the passing of Mr. Deng, is proceeding quietly with the "Final solution" of the "Tibetan problem." Since the disastrous mistake of "delinking" human rights and trade relations, they have thrown caution and some time worn pretenses to the winds, and are accelerating their culturecidal strategy of mass population transfer of Chinese into Tibet, the demolition of the Tibetan neighborhoods of Lhasa and other Tibetan cities, the environmental devastation of Tibet's lake and river systems for hydroelectric power to support the new hordes of Chinese colonists, and the continued effort to suppress Tibetan religious practice, language and cultural identity. Sadly, even His Holiness the Dalai Lama's picture, a sacred icon for all Tibetans, has once again become illegal.

Today is the day we commemorate the late Dr. King, a martyr to the cause of justice for the oppressed, a hero of the struggle for human freedom, and a pioneer of nonviolence. His Holiness the Dalai Lama has long been inspired by Dr. King, as well as by Dr. King's mentor Mahatma Gandhi. In the spirit of Gandhi and Dr. King, hundreds of young Tibetans in India are now training in nonviolent resistance, planning a peace march starting in Delhi, India, to Lhasa after Tibetan New Year. Our hearts go with them.

Our contribution is more indirect and long-term, but these heroic young Tibetans inspire us to persevere with our mission to create a living monument to this endangered nation, so that more Americans might remember the Tibetans, learn about them, and come to love their colorful culture. Dear member, you remain essential to our success. Your gift of support is a significant action to sustain the life and spirit of the Tibetan people. No single institution or individual can do that alone. We all need to work together on all levels. With great thanks for all your past help and goodwill, and all your future efforts,

With all best wishes,

Sincerely,



Robert A.F. Thurman
President, Tibet House New York
Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies
Chair, Department of Religion
Columbia Univeristy

The Tibet House Drum
is the newsletter of Tibet House New York, published bi-annually.

Editor-in-Chief: Robert A.F. Thurman
Editors: Nena v.S. Thurman, Beata Tikos
Designer: Jessica Mendiola
Architectural Drawing: Steve Wanta

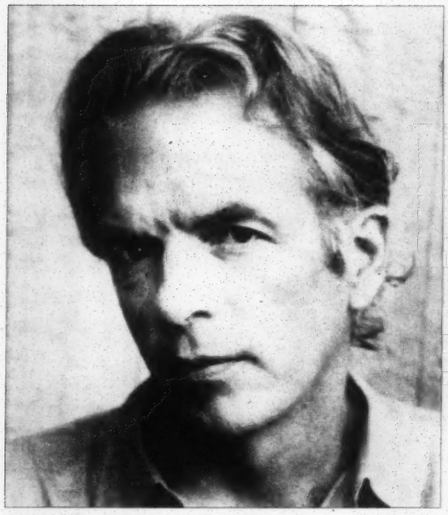
Tibet House
241 East 32nd Street
New York, NY 10016
Tel: (212) 213-5592
Fax: (212) 213-6408

PARIS UPDATE

The Potala Palace of the Dalai Lamas included on the World Heritage List of UNESCO

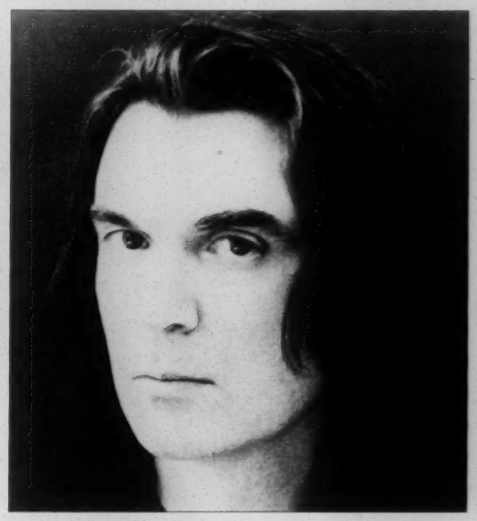
Situated at 4,200 meters above sea level, the Potala Palace is one of the architectural wonders of the world, and one of the last remaining fortified structures of Tibet. At once palace, monastery and fortress, it is the symbol of Tibetan civilization and former winter seat of the Dalai Lamas. The 1,000-room palace was built over three decades in the second half of the 17th century, parallel in many ways to Versailles in France, and the Hermitage Palace in St. Petersburg. The Great Fifth Dalai Lama, who conceived of the idea, took the magnificent 15th century fortress of Shigatse Dzong as a model, where he was enthroned as spiritual and political ruler of Tibet. The "Red Hill" site, where the Potala was built bears the remains of the ancient 7th-century palace residence of Songtsen Gampo, predecessor of the Fifth Dalai Lama and founder of the Tibetan empire. In December 1994, the Potala was officially included on the list of sites of the World Heritage Convention of UNESCO. Launched in 1972, this Convention has been signed by 134 state parties and by 1992 included 667 sites covering geographically all areas of human civilization. The host country must request UNESCO to include its site on the list. Although the PRC has been party to the convention since 1985, the Potala was only added in late December 1994. The inclusion of the Potala on this list protects it from destruction and decay; however, the question still remains to be resolved which country the Potala belongs to.

The Monlam Great Prayer Festival
Carnegie Hall
February 28, 7:30 p.m.



Spalding Gray

Natalie Merchant



David Byrne

Please come and join us at our Third Annual Benefit Concert at Carnegie Hall on February 28 at 7:30 p.m. This inspired event will feature the extraordinary talents of gospel vocalist Fontella Bass, David Byrne, founder of the pioneering band Talking Heads, West Texas country-blues guitarist Jimmie Dale Gilmore, legendary poet Allen Ginsberg, monologuist Spalding Gray, Celtic songwriter Katell Keineg, virtuoso fiddler Ashley MacIsaac, song writer Natalie Merchant with her new band and composer Philip Glass. One of the show's many highlights will be an invocation performed by the Gyuto Monks, direct from India, renowned for their unique multi-harmonic ritual chanting.

Honorary Chairpersons for the benefit are artists Alba and Francesco Clemente, actor Harrison Ford, screenwriter Melissa Mathison Ford, Columbia Pictures President Lisa Henson and actress Uma Thurman.

This event coincides with the Tibetan New Year's celebration of the ***Monlam Great Prayer Festival***, a tradition established in 1409 in Lhasa by the great teacher Jey Tsong Khapa. Before the Chinese communists curtailed the festival, it was the biggest public event of the entire year, drawing vast numbers of monks and laypeople from all over Tibet. Included in the two-week long festivities were religious ceremonies, singing and dancing, archery competitions, banquets and games. It was an occasion of great fun and joy.

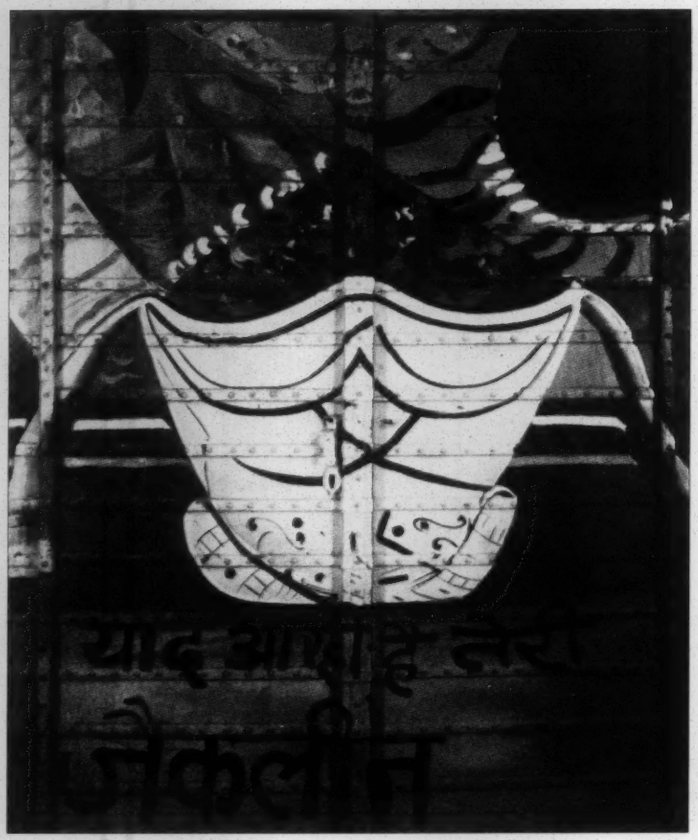
You can buy tickets directly from Carnegie Charge at (212) 247-7800 and the Carnegie Hall box office. Prices are $20, $25, $35, $37.50, $50 & $75.

The Gyuto Monks at Town Hall

The Gyuto Monks will give their only full-length East Coast concert performance at Town Hall on March 2 at 8 p.m. Thirteen Gyuto Monks preserve a unique tradition of harmonic ritual chant. Their chant is special in that, by sounding a single note at the very bottom of the range, each monk sings a chord containing two or three tones simultaneously, producing a sound of haunting beauty. To the monks, ritual chanting is a form of prayer where the sound is both being initiated by them and channeled through them at the same time. After this performance, the monks will continue to the West Coast for their 1995 American tour. This concert promises to be a truly special event and will be introduced by Philip Glass, and Robert Thurman. Proceeds will benefit the Gyuto Tantric Monastery Fund. Tickets are $10, $17.50, $25, $30 and $35 and available through TicketMaster, (212) 307-7171 or the Town Hall box office, (212) 840-2824.

"1995 *Yamantaka* Donation"

Tibet House Art Benefit



Tibet House is pleased to announce two benefit art exhibitions, entitled "1995 Yamantaka Donation" curated by Diego Cortez. The first exhibition, which opened at the Gagosian Gallery, 136 Wooster Street on February 4th, includes artists Donald Baechler, Louise Bourgeois, Mel Bochner, Francesco Clemente, Richard Serra, Julian Schnabel, Keith Sonnier, Philip Taaffe, and Terry Winters, and runs through March 4th. The second exhibition will be shown at the Robert Miller Gallery, 41 East 57th Street, March 7th through April 1st. Donations will include photographs, by Diane Arbus, Lynn Davis, Allen Ginsberg, Gilbert and George, Nicholas Nixon, Man Ray, Bruce Weber and others. In addition, Julian Schnabel is graciously donating a limited-edition print (200) to Tibet House available through Livet Reichard Company, Inc. in New York City. We would like to thank all of the participating artists for their extraordinary generosity and support of the ongoing efforts of Tibet House on behalf of the Tibetan people and their culture.

We would like to extend special thanks to Diego Cortez for generously donating his time as guest curator. We hope that many of you will be able to visit the galleries and see the exhibition.

Diego Cortez

Art critic and curator, Diego Cortez has organized many important exhibitions including "New York - New Wave" (1981) where he premiered artist Jean-Michel Basquiat and Keith Haring; Julian Schnabel's "The Recognition's Paintings" at Quartel de Carmen, Sevilla, Spain 1984, the 1993 Biennale di Venezia AMFAR International *Drawing the Line Against AIDS* show, held at the Peggy Guggenheim collection. Cortez has had varied careers. He produced many New Wave rock bands, founded the Mudd Club (1979), and wrote the best-seller "Private Elvis", on the life of Elvis Presley. In 1991 Diego opened the Fundacion San German, in a restored 1871 mansion in the central plaza of San German, Puerto Rico, which exhibited international contemporary art.

Julian Schnabel

Julian Schnabel is known for his incorporation of intensely personal images. His bold vision and powerful manifestation make him an artist inspiring strong reaction. After receiving his B.F.A. from the University of Houston in 1973, he held his first museum exhibition at the Contemporary Arts Museum of Houston. Beginning with the exhibition of the famous "Plate Paintings" in 1976, Schnabel explored the use of diverse materials such as broken plates and crockery, painted velvet, drop cloths, animal hides, Japanese Kabuki screens, printed fabric and tarpaulins.

In addition to his numerous thematic exhibitions, Schnabel has had two major retrospective exhibitions, in 1986 and in the fall of 1994. In January 1995 an exhibition of thirty paintings will be shown at the Fundacion Joan Miro Barcelona.

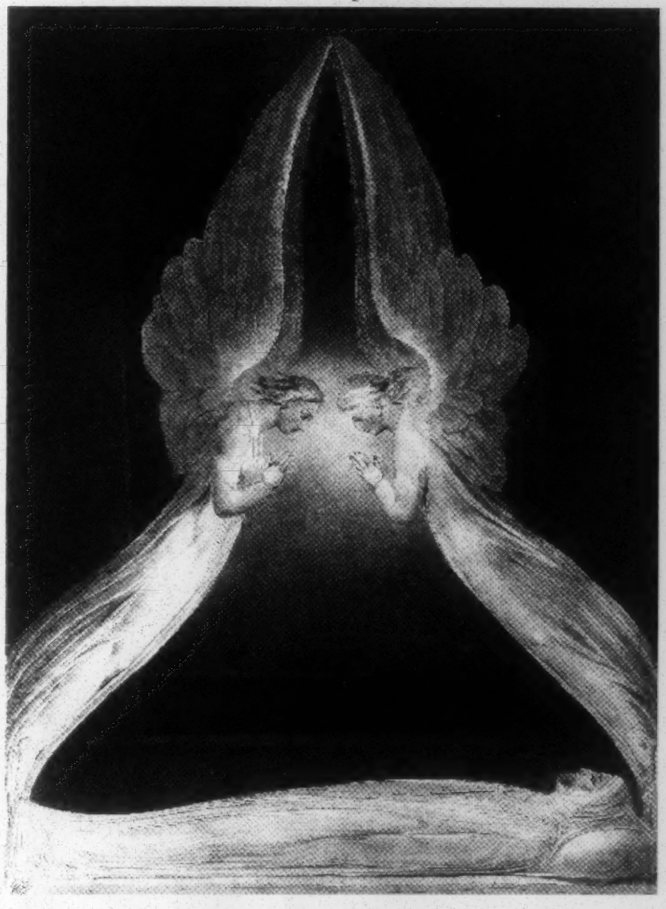
The Art of Dying Conference

Spiritual, Scientific and Practical Approaches to Living and Dying

New York City, March 31 - April 1, 2

A Tibet House and N.Y. Open Center Conference

The Art of Dying Conference will be held at the Crowne Plaza Hotel, 1605 Broadway in the heart of Manhattan. In addition to the main weekend conference, which includes workshops, plenary sessions, panel discussions, a performance and more, we have added two full day pre-conference institutes on Friday, March 31st: **The Tibetan Book of Living and Dying** with Sogyal Rinpoche and **Mythshaping: Renew the Dream that Quickens the Spirit** with David Feinstein. On Monday, April 3rd, there will be the opportunity to participate in two post-conference institutes: **Death, Dying and Transcendental Experience** with Deepak Chopra and **New Dimensions in Spiritual Care for the Dying** with Christine Longaker.



Angels watching over the tomb of Christ, by William Blake

The initial response to the conference has been very enthusiastic due to the pressing need for dialogue and insight on this important topic. For information on registration, and a detailed conference brochure, contact the New York Open Center, 83 Spring Street, New York, New York 10012, tel. (212) 219-2527, fax. (212) 219-1347. Hotel accommodations can be made directly through the Crowne Plaza Hotel by calling: 1-800-227-6963 or (212) 977-4000, fax. (212) 333-7393. Please identify yourself as a conference participant when making a reservation. For your convenience and to reduce costs, the New York Open Center can provide you with a list of other conference participants willing to share rooms. We also recommend Turin Travel, 111 Greene St., New York, N.Y. 10012 at (800) 952-7646 or (212) 925-5453. We look forward to seeing you there!

Conference Presenters

Jeanne Anselmo, BSN, RN, co-founder of Holistic Nursing Associates, has been a nurse consultant for over 17 years specializing in self-healing, imagery and empowerment.

Leslie Blackhall M.D. is assistant professor of medicine at the University of Southern California and researches ways to improve communication between medical students and the dying.

Michael Brescia, MD, is director, attending physician and co-founder of Calvary Hospital in the Bronx, a model of continuum care of advanced cancer patients.

Deepak Chopra M.D. is the author of *Ageless Body, Timeless Mind* and is known for his synthesis of Ayurvedic and modern medicine.

Mary A. Cooke, RN, MA, is director of Cabrini Hospice, New York where she is responsible for impatient and home care hospice programs.

Norman Davidson is co-director of teacher training at the Waldorf Institute and a speaker on Rudolf Steiner's view of life between death and rebirth.

Betty Eadie is the author of *Embracing the Light*, the best-selling book on a personal near-death experience.

David Feinstein, PhD, is director of Innersource in Ashland, Oregon and co-author with Stanley Krippner of *Personal Mythology*.

Kyabje Gelek Rinpoche has founded Dharma centers in the U.S., India, Malaysia and Europe, and currently teaches in Ann Arbor, Michigan.

Rachel Koenig, LAc, a long-time student of Taoist priest Jeffrey C. Yuen, practices Chinese medicine in Brooklyn and is a member of a women's health collective at the Sidney Hillman Clinic.

Christine Longaker, former director of the Hospice of Santa Cruz County in California, is currently developing the *Spiritual Care for Living and Dying Program* with Sogyal Rinpoche.

Sandra Mecca is supervisor/ clinical specialist on the Jacob Perlow Hospice in-patient unit at Beth Israel Medical Center.

Russell McIntyre, ThD, is professor of medical ethics and health law at the UMDNJ Robert Wood Johnson Medical School in New Jersey. He is the editor of *Trends in Health Care, Law and Ethics*.

Sherwin B. Nuland, M.D. is the author of *How We Die: Reflections on Life's Final Chapter*. He teaches surgery and the history of medicine at Yale University and is winner of this years National Book Award.

Tom Prochnow worked in the theatre as a performer, choreographer and stage manager and now speaks to groups on living with AIDS.

Simcha Paull Raphael, PhD, is assistant professor and Jewish chaplain at La Salle University in Philadelphia. He is the author of the forthcoming *Jewish Views of the Afterlife*.

Rachel Naomi Remen M.D. is Medical Director of the Commonweal Cancer Help Program and a pioneer in the transpersonal counseling for people facing terminal illness.

Kenneth Ring, Ph.D. is professor of psychology at the University of Connecticut and author of three books on near death experiences.

Therese Schroeder-Sheker is a harpist, singer director of the Chalice of Repose Project a music - thanatology program employing music to attend to the needs of the dying.

Sogyal Rinpoche is the author of *The Tibetan Book of Living and Dying* and a leading teacher of Tibetan Buddhism.

Lama Tharchin Rinpoche is a Dzogchen master of Vajrayana Buddhism and is the tenth lineage holder of the Repkong Ngakpas (yogis).

Robert A.F. Thurman, Ph.D. is professor of Indo-Tibetan Studies at Columbia University and the translator of a new edition of the *Tibetan Book of the Dead*.

A celestial attendant making music

Contemplative Musicianship and the Death-Bed Vigil

by Therese Shroeder-Sheker

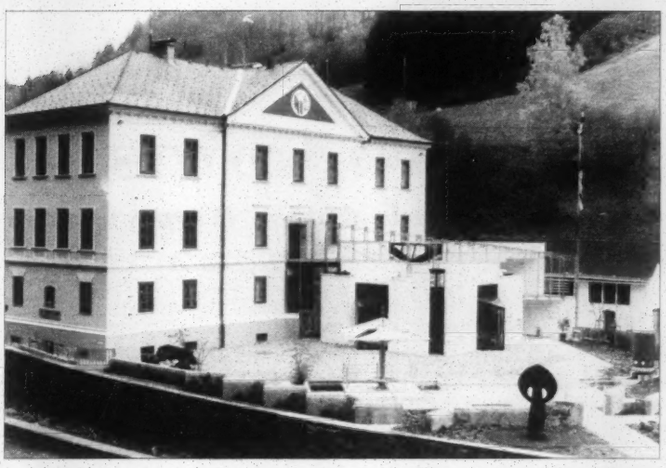
In the Chalice of Repose Project, we speak about a contemplative musical practice with clinical applications: music-thanatology. In order to deliver prescriptive music at the bedside, the Chalice worker must become far more than medically learned or musically competent. The entire individual must become truly musical--physically, spiritually, psychologically. People often misunderstand what that means. If that notion is literalized, either skeptics or supporters might imagine something sentimental; harpists dispensing orchestral music at every difficult moment. If the picture is concretized, enthusiasts infer that we deliver a vast and worthy product, a repertoire of ancient sacred modal music, and that it is healing simply because it comes from the depths of what is wholesome and beautiful in religious heritages.

Though the second one looks promising, neither picture is accurate, and both tend to reduce or trivialize the work of one who is dying, as well as the work of the care-givers. Music-thanatology is not about product; it is about the process that takes place when holism and interiority are understood as central to palliative musical patient care, and when the dying person and the various disease processes are understood musically. In contemplative terms, the bedside work becomes musical-sacramental-midwifery. In my workshop, I would like to address questions that might equip others to meet the death bed vigil in a similar or aligned manner, even if they do not become music-thanatologists. Besides giving information about the clinical practice (which is multi-institutional), the processing or imminency calls, the kind of patients who respond most deeply to the music, or the school within the hospital, I would like to speak from a contemplative perspective, which might be useful spiritually to any clinician, care-giver or individual actually preparing for their own death.

Music is relationship, luminosity and proportion, in endless possibilities. Why does a truly musical presence change the experience of death from one of fear, isolation, or failure, into something that potentizes relationships, and brings reverence back into the picture? Concurrent with the medical training, each Chalice worker becomes a harpist and a singer, slowly, over time. At the death bed, we have to sacrifice the personal virtuosity that is required in the concert situation, but not the wakefulness. There are no "performances" in intensive care units.

The contemplative artist must enter into greater and greater degrees of spiritual nakedness, if one is to commit to the gradual process of interior tuning. This transformation is never complete and reorganizes the entire musician: body, soul, and spirit; thinking, feeling and willing. The *materia medica* is wrung from the depths of the reorganized physical body. The voice and the completely refined movements of the fingertips, activating and freeing the sounds, color and shape the music that assists in the unbinding or loosening process. The musician working with prescriptive music must be able to meet each dying person where they are in their living, where they are in their disease process, and where and how they are as they travel toward the threshold. We have to be able to enter into what is truly unknown. The first step begins in silence; the many others following the silence ask that we continue to listen and observe deeply, remaining finely tuned in the face of constant change, and serve unconditionally.

This vocation requires a new kind of schooling and commitment. Musicians do not become refined and retuned (reorganized) overnight. It is a gradual process. They assimilate a musical materia medica, learning what deliveries suppress or support physiological heating or cooling tendencies, what combinations support equilibrium. They learn how to address the nervous system, the respiratory and circulatory systems, and the metabolism in general, with infirmary music. During the last two years, our teams have attended 500 of these vigils, and changed the face of death in Missoula, Montana. This work begins and ends in silence. We learn repeatedly that we must die to something each and every day, and that we walk with those whom we have served far beyond the actual time line of the vigil.



Heinrich Harrer: Life & Museum

Heinrich Harrer was born on July 6, 1912, in the small village of Huttenberg in the Austrian Alps. This old mining town was set in a magnificent environment of mountains and forests. The culture and traditions of the inhabitants were grounded in the hard world of iron ore mining, the primary economic activity of the area. The Harrer family lived on the top of a mountain, and young Heinrich developed powerful leg muscles running up and down the mountain to school every day. Later he became an enthusiastic mountaineer and avid athlete, joining the Austrian Olympic ski team. His first challenging ascent of the North Wall of the Eiger together with climbers Kasparek, Heckmair and Vorg led to an invitation to join the German reconnaissance expedition to the Nanga Parbat. This expedition came to an abrupt end with the outbreak of World War II, and he and his companions found themselves in an internment camp in British India. His subsequent daring escape from this camp led him through the Himalayas and into the unknown land of Tibet, where he spent the next seven years. He fell in love with the Tibetan people's generosity and kindness as they helped him survive during his time in Tibet. He was one of the first Westerners to meet with His Holiness the Dalai Lama, then still a young boy, and a lasting friendship developed between the two. Harrer also introduced Western knowledge where useful, helping in the construction of a dam across the Kyichu river in Lhasa, developing a comprehensive city map of the city, and teaching ice-skating to the Lhasan aristocracy. He was commissioned to take some of the first portraits of His Holiness. Harrer's photographs, artifacts and journal writings from Tibet would later become the foundation of his museum. His great adventure and historical documentation of Tibetan culture and society resulted in his famous book "*Seven Years in Tibet*". He remains a great friend and supporter of Tibet.

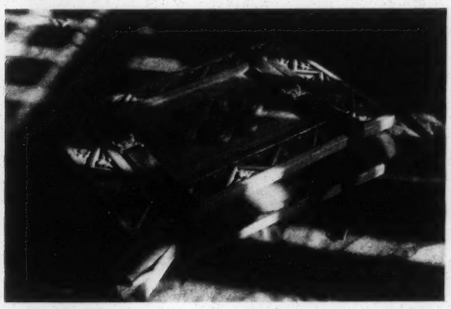
After leaving Tibet, Harrer courageously continued his career as an explorer of many inaccessible and remote areas of the world. He steadily built up a collection of artifacts from previously unknown cultures such as the Asmat in New Guinea, the Andaman Islands, and a number of nations in the Himalayas. Recently, Harrer donated all of his collections to the town of Huttenberg, which established a museum in his name in the old post office. The success of this museum has provided Huttenberg with an unprecedented influx of tourism, sustaining the economy of the area. The town council of Huttenberg has presented Heinrich and Carina Harrer with a small house on the mountain overlooking the town where he grew up.

Heinrich Harrer Museum

The Heinrich Harrer Museum in Huttenberg displays over 2,000 objects, including an extensive archive of slides, photographs, films and a collection of Harrer's correspondence and diaries. The museum compares and contrasts different cultures explored by Harrer, thereby showing the common thread of humanity that exists throughout the world. It is divided into sections presenting the various regions he explored. The main part of the two upper floors was especially set aside for the Tibetan collection, inaugurated by His Holiness the Dalai Lama in 1992. Additionally, the Museum has a state-of-the-art multimedia room for special programs, a separate room for workshops, and a unique '*Lingkor*' pilgrimage circuit across the street, the latest monumental project commissioned by Harrer.

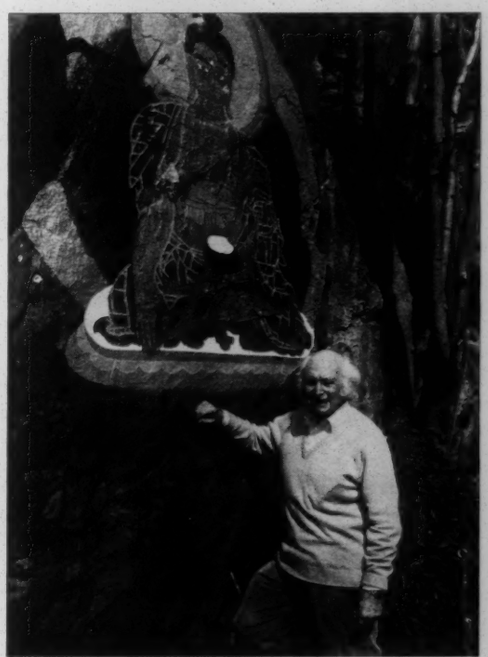
The Lingkor

Across the street from the Heinrich Harrer Museum, Harrer has created a Tibetan 'Lingkor' on a large rock wall approximately 180 meters long, where visitors can participate in the Tibetan practice of circumambulating a sacred site. Visitors circumambulate the Lingkor, on metal staircases and walkways bolted to the rock face, they pass giant tankas of Padmasambava, Tara and other Buddhist deities, as well as a crystal stupa.



Collector's Item

Tibet House is pleased to offer a very special edition of Heinrich Harrer's book, *Seven Years in Tibet*, printed by Limited Editions, Inc. This 11" x 9" signed limited edition is wrapped in raw silk in the traditional Tibetan manner of protecting treasured books, and is enclosed by twin magnolia--engraved wood panels, the front one incised with a Tibetan good luck charm cut by monks. The paper is a mould-made stock from the 500 year-old Arches mill in Epinal, built alongside the Moselle River in northeastern France. The book itself is a tale of exciting adventure and a vivid portrait of life in old Tibet. Illustrated with Heinrich Harrer's rare and striking photographs, taken in Lhasa in the 1940's.



The Lingkor

Buddhism II *Robert Thurman, PhD*

Basic Buddhism I introduced the *Three Jewels* and the basic path. In this class we will focus on the path of practice in more detail. Our core text will be *Shantideva's Guide to the Bodhisattva Way of Life*, its commentaries of H. H. The Dalai Lama *(Flash of Lightning)*, and Kelsang Gyatso *(Meaningful to Behold)*. We will allot time through lectures and meditation to incorporate the many ideas and images. Following Shantideva's pattern, we will look carefully at the preciousness of human life, impermanence, death, the spirit of enlightenment, mindfulness, generosity, tolerance, love, compassion, and intensively at the wisdom of the twofold selflessness. Although those who have taken Basic Buddhism I will be able to go deeper from that foundation, newcomers would also be able to start off with Shantideva's and His Holiness' amazing teachings.

An Ongoing Course, Wednesdays February 1 - 22
(4 sessions) 7:45 - 9:15pm
$80 Members/$90 Nonmembers T4623

Avalokiteshvara: Deity of Compassion

Kyabje Gelek Rinpoche

The Bodhisattva Avalokiteshvara is believed to be the manifestation of the universal compassion of all Buddhas - the living energy of the perfectly enlightened that reaches out to relieve the suffering of all beings. His special mantra, the national prayer of Tibet - OM MANI PADME HUM - is constantly on people's lips. In this workshop, the Tibetan lama and director of the Jewel Heart Tibetan Cultural and Buddhist Center introduces us to Avalokiteshvara's positive energy on various levels. He will lead simple meditations to get us in touch with the cosmic energy of compassion, teach us how to recite the MANI mantra, and provide us with new ways to activate compassion in our everyday lives.

A One-Day Workshop, Saturday February 25
10am - 5:30pm
$70 Members/$80 Nonmembers S4624

The Healing Practice of The Goddess White Tara: The Feminine Principle in Tibetan Buddhism

Kyabje Gelek Rinpoche

The Goddess White Tara is a female Bodhisattva who works in concert with Avalokiteshvara. If he is the essence of all compassion, she is the energy of compassion's miraculous activities. In this workshop, Tibetan Lama Kyabje Gelek Rinpoche will introduce us to the healing and long-life practices of the Goddess White Tara. We will learn methods of deity yoga to balance the internal elements of the body, restore vitality and develop energies for health and longevity. By using meditation, mantra and visualization, we will develop greater cheerfulness and peace of mind.

A One-Day Workshop, Saturday February 26
10am - 5:30pm
$70 Members/$80 Nonmembers S4625

Tibetan Language II *Lama Pema Wangdak*

This course with highly experienced teacher and director of Vikramasila Foundation, Lama Pema Wangdak offers a broad approach to the basic skills needed to communicate in Tibetan with ease and covers elements of Tibetan grammar and syntax. Lessons focus on developing oral, reading and writing skills. To be held at Tibet House; please call (212) 213-5592 for registration. This class may continue in May, if requested.

An Ongoing Course, Thursdays March 2-30 (5 sessions) 6-7:30pm
$60 Members/$70 Nonmembers T4627

Tibetan Sacred Arts: The Mandala

"Mandala" means "sphere of sacred essence," and is a model of the world as nurturing womb of existence. The Indo-Tibetan Buddhist civilization drew its rich treasury of sacred spaces from the deep aesthetics of the Buddha-mind revealed in the mystic Tantras. In this series of richly illustrated talks, a noted scholar, an artist, two art historians and a cognitive scientist/ photographer will present the theoretical foundations of mandalas, their artistic practice, their rich variety and significance, and how they function in a remote Tibetan society in the Himalayas.

Wednesdays March 8 - 29 (4 sessions) 7:45 - 9:45pm
$45 Member/$50 Nonmember
Single Talks $15 (No discount) T46325

Tibet H
Programs at the

All classes will be held at the NY Open Center. For registr

Sacred Space: The Tibetan Mandala

Robert Thurman, PhD

This evening, Prof. Thurman will explore the origin, foundation, and function of the mandala as an archetypal sacred space, a realm of enlightenment and perfect bliss. We will consider how to begin to use its principles to re-shape the ordinary world.

Wednesday, March 8 T4628

The Kalachakra: Wheel of Time Sand Mandala

Barry Bryant

Barry Bryant will illustrate the sand mandala's central place in the ancient Kalachakra Initiation through rare photographs of the tantric ceremony. He will relate the intriguing history of the Kalachakra, including the mythical kingdom of Shambala, and explore the mandala's meaning and structure.

Wednesday, March 15 T4629

The Mandala in Tibetan Art *Marilyn Rhie*

Using slides of the mandala from the 10th - 17th centuries Tibetan architecture, painting and sculpture, Professor Marilyn Rhie will explore the deep symbolic meaning and splendor of the aesthetics and diverse forms of the mandala, from the great stupas to rich wall paintings.

Wednesday March 22 T4630

Buddhist Wall Paintings of Mustang, Nepal

Marcia & Phillip Lieberman, PhD

This slide lecture will focus on the rare, exquisite wall paintings of mandalas from the 14th-century in the Jamba Gonpa Temple in Lo Monthang (Mustang, Nepal). It is the only extant Tibetan temple entirely painted with mandalas. Images of other temples from this area will be shown of a region undamaged by Chinese occupation, which had been closed to foreign visitors until 1992.

Wednesday March 29 T4631

Tibetan Medicine Series *Eliot Tokar*

Based on the centuries-old Buddhist study of the mind and body, and directly influenced by the ancient medical sciences of India, Persia, Greece and China, the practice of Tibetan medicine requires that physicians cultivate their minds through study and meditation so they may clearly understand the interrelation of the psychological, physical, ecological and spiritual aspects of health. For this introduction to Tibetan medical science, Eliot Tokar will draw upon more than a decade of study and apprenticeship with some of Tibet's most highly esteemed senior medical practitioners. The three sessions will cover: a general overview of Tibetan medical science; interdependence of mind & body; basis of understanding treatment.

An Ongoing Course, Mondays March 13-27 (3 sessions) 6-7:30pm
$50 Member/$55 Nonmembers P4633

Sacred Buddhist Dance of Nepal: A Tantric Art of Transformation *Miranda Shaw, PhD*

This slide lecture introduces an ancient, esoteric dance tradition that has been a secret art of the Tantric Buddhists of the Kathmandu Valley for over 1,200 years. This sacred dance, known only to the tantric initiates who perform it, is a yoga of transformation into deity in which the body becomes a vehicle of spiritual refinement, and carries the dancer through the portals of enlightened awareness.

An Evening Slide Lecture, Friday March 24 8pm
$10 Members/$12 Nonmembers P4634

Women and Goddesses in Tantric Buddhism

Miranda Shaw, PhD

We will devote our morning to the theme of embracing femaleness and sexuality on the tantric path by looking at prominent women in early Tibetan Buddhism. Led by Miranda Shaw, Buddhist scholar and

et House
the Open Center

registration, please contact the Open Center at (212) 219-2527

author of *Passionate Enlightenment: Women in Tantric Buddhism*, we will explore the relationships, poetry and writings of these women whose religious practices celebrate the inherent sacredness of female embodiment. The women also developed yogic methods where, together, men and women transform their passion into enlightened states of awareness. In the afternoon, Miranda Shaw will use slides to take the audience on a journey from the first appearance of goddesses in early Buddhist art to the full affirmation of women and goddesses in tantric imagery.

A One-Day Workshop, Sunday March 26
10am-5:30pm
$65 Members/$75 Nonmembers S4635

The Dalai Lamas of Tibet: A Prince of Peace as a Working Institution

The Dalai Lamas were the last fourteen members of a reincarnation series traced back to the time of Shakyamuni Buddha, believed to be the manifestations of the Bodhisattva Avalokiteshvara, deity of universal love and compassion. So beloved have the 14 successive Dalai Lamas been in Tibet, they have been entrusted with the political and spiritual leadership of the country since 1642. In this series of talks, Tibet experts and long time students of the present Dalai lama will give in-depth portraits of the First, Second, Fourteenth Dalai Lamas, as well as an overview of their teachings and institution.

For the Series, Wednesdays April 5 - 26
(4 sessions) 7:45 - 9:45pm
$45 Members/$50 Nonmembers
Single Talks $15 (No Discount) T4641S

First Dalai Lama of Tibet — *Michael Roach*

This talk will focus on the philosophical writings of the First Dalai Lama, Gyalwa Gendun Drup (1391-1474). In particular, Michael Roach will review His teachings on the Abhidharma, or Buddhist psychology, as developed in the fourth century by Indian Buddhist master Vasubandhu. Topics covered will include Buddhist psychology, karma, and the concept of "no-self."

Wednesday April 5 T4637

Madness and Easy Enlightenment — *Glen Mullin*

The Second Dalai Lama signed most of his mystical songs with the name "The Beggar Monk". In a universal accessible language, these songs describe the experience of enlightenment and the means to induce it. Glenn Mullin will read from his latest book, *Mystical Verses of a Mad Dalai Lama*, in discussing the "methods for easy enlightenment" as mapped by the Second Dalai Lama.

Wednesday April 12 T4638

Working with the Unconventional Mind: Anger and Passion in Tibetan Buddhism

Glen H. Mullin

Drawing from his book on the life and teachings of the Thirteenth Dalai Lama, Glenn Mullin will examine the traditional Tibetan Buddhist techniques for using the "klesha," or passions of the mind, as dynamic forces in personal transformation and growth. The Thirteenth Dalai Lama exemplified this tantric path in his own life, and wrote about it extensively.

Wednesday April 19 T4639

The Great XIVth: Dalai Lama to the World

Robert Thurman, PhD

We will trace the courageous struggle, life and teachings of the present Dalai Lama, 1989 Noble Peace Prize Laureate, who has spent more than half his life in exile. Although his effort to win freedom for his people through nonviolence, justice, love, and truth has not yet lifted the threat of extinction the Tibetan people face, his message has reached the hearts and minds of millions around the world.

Wednesday April 26 T4640

Tantric Meditation for Healing and Balance

Glen Mullin

In the tantric tradition one's state of mind is considered integral to the healing process. This is true both for the healer and the patient. According to this tradition, a wide range of psychotherapeutic techniques have been developed by the tantric sages of India and Tibet. In this workshop, Glen H. Mullin, a specialist in the lives and works of the early Dalai Lama and author of *Death and Dying: The Tibetan Tradition*, will introduce us to some of these methods, with a special emphasis on healing meditations and exercises of the 11th-century mystic and healer Siddharani, "Queen of the Tantric Adepts," a female teacher of India's classical tantric period. Mullin will also draw upon a treatise on tantric healing by the first Dalai Lama.

A One-Day Workshop, Sunday April 9, 10am - 5:30pm
$70 Members/$80 Nonmembers S4636

Madhyamaka and Atiyoga — *B. Alan Wallace*

In Tibetan Buddhism the views and contemplative practices of Madhyamaka and Atiyoga have long flourished side by side. While Madhyamaka emphasizes the conceptual analyses of phenomena as a way to realize their ultimate nature, Atiyoga is a more intuitive approach to the ultimate nature of the mind. Join B. Alan Wallace as he explores the teachings of the Dalai Lama, who is known for his keen appraisal and appreciation of both practices.

An Evening Talk, Friday April 21, 7:30pm
$10 Members/$12 Nonmembers P4641

Tibetan Buddhism From the Ground Up

B. Alan Wallace

The practice of the Buddha's Dharma is fundamentally different from the worldly pursuits of material gain, sensory and intellectual pleasures, praise, and acknowledgment. During this workshop with B. Alan Wallace, we will explore the genuine source of human happiness and sorrow, and seek to distinguish between empty rituals of happiness and true cultivation of lasting well-being. How may we effectively pursue happiness in the midst of human life that is riddled with adversity? What is the significance of our pursuit of happiness in light of our own deaths? These critical questions and more will be addressed in lectures, guided meditations and open discussion.

A One-Day Workshop, Saturday April 22
10am - 5:30pm
$70 Members/$80 Nonmembers S4642

Quiescence and the Natural State of the Mind — *B. Alan Wallace*

In the Buddhist tradition, the development of meditative quiescence *(shamatha)* is considered to be a necessary prerequisite to the cultivation of contemplative insight *(vipashyana)*. Such meditative training is a way of refining awareness to a high degree of effortless attentional stability and clarity of attention. One method, masterfully taught by the Tibetan Lama Tsongkhapa, emphasizes the control of attention by focusing steadfastly on a single object. Another approach of the Atiyoga tradition, stresses setting the mind in its natural state of stability and clarity. During this workshop, we shall explore both methods of meditation in theory and in practice, under the guidance of B. Alan Wallace.

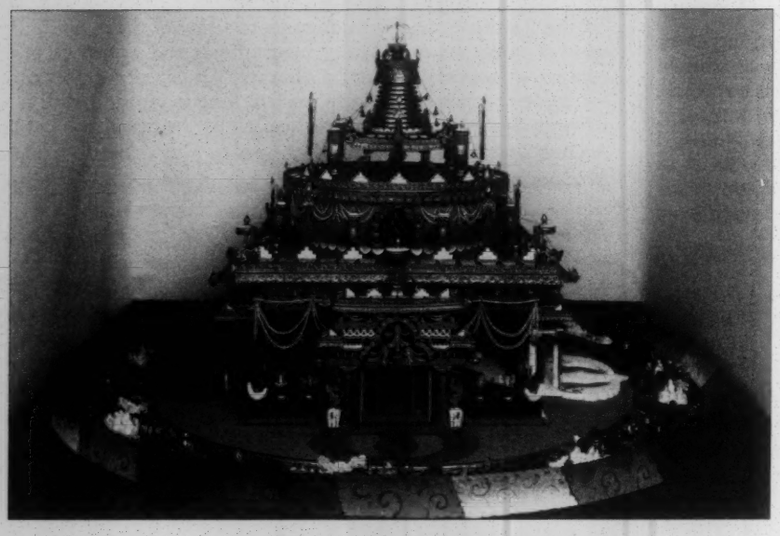
A One-Day Workshop, Sunday April 23 10am-5:30pm
$70 Members/$80 Nonmembers S4643
Special Price for both workshops: $130 M/$150 NM S4644S

The Diamond Sutra, and the Marriage of Emptiness and Karma — *Michael Roach*

The *Diamond Sutra*, one of the oldest and most popular Buddhist sutras, has been widely taught in India, China, Korea and Japan. In these teachings, the Buddha discusses the concept of emptiness with one of his main disciples, who is said to have been a tantric deity in disguise. During this one-day workshop with Michael Roach, an ordained Tibetan monk and director of Asian Classic Institute in New York City, we will investigate the marriage of karma and emptiness, revealed by the Buddha in the illuminating *Diamond Sutra*.

A One-Day Workshop, Sunday April 30 10am-5:30pm
$65 Members/$75 Nonmembers S4645

1995 Art Exhibition
Mandala: Sacred Architecture of Enlightenment



Tibet House is organizing an extraordinary exhibition of two- and three-dimensional Tibetan Mandalas called **Mandala: The Sacred Architecture of Enlightenment**, brought to the United States from the Volkerkunde-Museum in Zurich, Switzerland, to travel the U.S.A. during 1996-1997.

In Tibetan Buddhism, mandalas are considered to be archetype blueprints of the multidimensional worlds of the enlightened state. They can be drawn in two dimensions as geometrical diagrams, painted on cloth, made of colored particles or erected in three dimensions as architectural models. The most sophisticated mandalas are constructed of pure consciousness, visualizations held still in a practitioner's meditative field. In **Mandala: The Sacred Architecture of Enlightenment**, the intention is for the public to esthetically experience the sacred space of enlightened beings.

This unique exhibition employs 83 objects introducing the visitor to the sophisticated tradition of Tibetan sacred architecture and archetypal symbolism. The exhibition is divided into five sections and breaks new ground in demonstrating clearly the range of mandalas from two-dimensional patterns to three-dimensional spaces. The first section displays various mandalas in the context of icons, portable shrines, bookcovers and popular objects such as amulets, temple ornaments, and a thread-cross spirit-mansion. The second section uses sculptures, icons and ritual objects to present the five keys used in Tibetan Buddhism to transform the ordinary mental and physical universe into the miraculous realm of bliss. The third section exhibits the exceptional three-dimensional models made specially for this exhibition giving the precise appearance of architectural

continued on page 13

Presenters for the Tibet House Programs

Barry Bryant has been a student of Kalachakra for 20 years under the guidance of His Holiness the Dalai Lama and other Tibetan masters. He is the author of *The Wheel of Time Sand Mandala, Learning from the Dalai Lama, and Cancer and Consciousness.* He is the Director of the Samaya Foundation.

Kyabje Gelek Rinpoche was recognized at age 4 as the reincarnation of Khenpo Tashi Namgyal, former abbot of Gyuto Tantric Monastery. He completed his Geshe Lharampa degree in half the normal time at Drepung Monastery due to his outstanding insight and excellent memory. Rinpoche fled Tibet during the Chinese communist invasion in 1959 and returned to lay life at the request of the Dalai Lama's senior tutors. He has taught Buddhism in the West since the 1970's. Rinpoche is the spiritual director and founder of Jewel Heart Tibetan Cultural and Buddhist Center based in Ann Arbor, Michigan.

Dr. Marcia R. Lieberman, PhD is a Visiting Scholar in the Department of Visual Art at Brown University with a special interest in Buddhist art.

Philip Lieberman, PhD is a Professor of Cognitive and Linguistic Science at Brown University and is also a photographer who has exhibited his work widely in galleries in the U.S. and abroad. His photographs are in the permanent collections of several museums.

Glen H. Mullin is an internationally renowned teacher and author of numerous books on Tibetan Buddhism and is a specialist in the lives and works of the early Dalai Lama. His publications include *Death and Dying: The Tibetan Tradition and Mystical Verses of a Mad Dalai Lama.*

Michael Phillip Roach received his bachelor's degree from Princeton University. He was ordained as a monk in 1983, and was the first westerner to qualify for the geshe program at Sera Mey Tibetan Monastery in Southern India. He currently directs the New York Asian Classic Institute, a school for training Buddhist translators and teachers.

Miranda Shaw, PhD., is conducting ongoing research in the Himalayas on the survival of women's spiritual traditions and is pesently researching Buddhist goddesses in Nepal. She is the author of *Passionate Enlightenment: Women in Tantric Buddhism.*

Robert A.F. Thurman, PhD., President of Tibet House, is chair of the Religion Department at Columbia University. A scholar of Tibet and Tibetan Buddhism for 30 years, he has written numerous articles and several books including *The Tibetan Book of the Dead.*

Eliot Tokar has been a student of Tibetan medicine since 1983, studying first with Dr. Yeshi Dhonden, and for the past seven years as an apprentice of Dr. Trogawa Rinpoche. He also has training in Chinese medicine, macrobiotics and their related therapies, and maintains a practice in New York City.

B. Alan Wallace, one of the first Westerners ordained in the Tibetan Buddhist tradition, was a monk for 14 years. Scholar, teacher, and practitioner, he is widely respected for the depth of his understanding of Buddhist philosophy and meditation, as well as his ability to render the teachings relevant to modern life. Author of several books in his field, he is one of the foremost translators of Tibetan Buddhist teachings, having interpreted for many eminent Tibetan teachers, including His Holiness the Dalai Lama. B. Alan Wallace is presently in the final phases of his doctoral studies at Stanford University.

Lama Pema Wangdak is the resident teacher at Palden Sakya Center of New York and Woodstock and director of Vikramasila Foundation. Lama Pema has been teaching Tibetan Buddhist studies and meditation in North America and has lectured at numerous universities, colleges, schools and religious organizations.

Tibet House Trips-1995

Mt. Kailash

Professor Robert Thurman is on sabbatical from Columbia University this fall and he plans to lead two trips in Asia visiting Tibet and Bhutan. In mid-September, Professor Thurman will lead a group of twelve or so trekkers on a pilgrimage to Mt. Kailash, the *Axis Mundi* of the Indian and Tibetan sacred realms. This glistening dome of ice is the home of Shiva and Parvati for the Hindus and the mandala of *Shakrasamvaira* Buddha for the Buddhists.

The group will meet in Kathmandu in Nepal. We will drive into Tibet and acclimatize during a five-day motor trip to the mountain through spectacular scenery. We spend six days circumambulating the mountain and its sacred lake, Manasarovar. Reinvigorated on many levels, we will take one of the three routes out. Some will trek into Western Nepal, others will drive to Lhasa and visit important holy places on the way, and still others, on a tighter schedule, will motor back to Kathmandu.

For further information and a detailed itinerary, please contact Ann Alwyn at Inner Asia Expeditions, Inc. 2627-T, 2627 Lombard Street, San Francisco, CA 94123, tel. (415) 922-0448, fax. (415) 346-5535, or (800) 777-8183

Bhutan

At the end of October, Prof. Thurman will return to Bhutan, taking along a group of pilgrims. We will visit Bhutan, beautiful ancient holy sites. We will converse with distinguished Bhutanese Lamas and we will attend an important annual festival held at Jambey Lhakang in Bunthang. The festival is organized by the Chakar Lam or the "Lord of the Iron Castle," the direct descendant of King Sindhu Raja who ruled the region in the 8th century, and invited Guru Rinpoche to Bhutan, thereby introducing Buddhism to the kingdom. Land costs for this trip will be approximately $3,750-$4,350. For further information and a detailed itinerary, please contact Brent Olsen at Inner Asia Expeditions, Inc. 2627-T, 2627 Lombard St., San Francisco, CA 94123, tel: (415) 922-0448, fax· (415) 346-5535 or (800) 777-8183

Sonam Zoksang's Visit to Tibet, Summer 1994

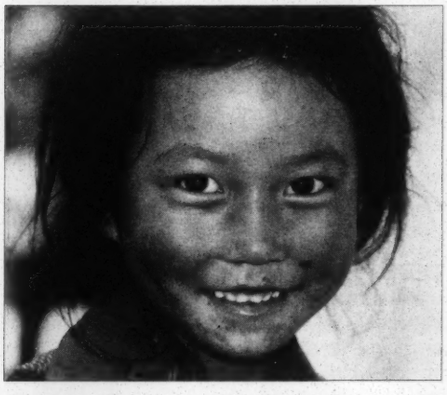


photo by Sonam Zoksang

I was born in 1959 in Kyirong, Tibet. My parents escaped to India when I was a month old during the Chinese invasion. This past summer I visited Tibet for the second time in two years, and Kyirong for the first time since my birth. Kyirong had been sealed off to foreigners until this year; with a special permit from Lhasa one can now travel to this area.

In less than a year since my first trip, I saw tremendous changes in Lhasa alone. Tibetans are outnumbered by Chinese by at least one to three, and there is a growing fear that the Chinese will take over everything within a year or two. For seven weeks I traveled throughout Central Tibet trying to learn more about my country and understand the real situation of the people there. I tried to speak to as many people as possible but it was not always easy. There are many Chinese spies and people are afraid of being punished, so they often hesitated before speaking with me. Many people secretly cautioned me when explaining what has been going on in Tibet in the last few years. I heard many heart-wrenching, and some unimaginable, stories of brutal atrocities by the Chinese police. It was very difficult and suffocating to listen to these stories. I felt simultaneously helpless and ashamed of not being able to do more to make their plight and suffering known to the world.

In most of the villages I visited, conditions were extremely bad; there are very few proper roads, hospitals, electricity or running water and almost no schools. There is a growing cultural gap between younger and older Tibetans as the Chinese influence grows stronger and the Chinese government continues to impose strict limitations on Tibetans, preventing them from participating in religious festivals. At the Shoton festival monks and nuns were dragged out of buses and trucks going to the Jokhang. During Ganden monastery's annual Serthang ceremony, Tibetan laypeople were prevented from going to the monastery. During my stay in Lhasa, there were at least five demonstrations around the Jokhang, Tibet's holiest shrine. Many people were arrested, and I witnessed one demonstration where three people were badly beaten and taken to prison for shouting slogans like "Free Tibet" and "Long Life for His Holiness the Dalai Lama."

I also traveled to some of the most beautiful and sacred places in Central Tibet. I was awestruck by the sheer beauty and spiritual power of these places, as well as the spirit and religious faith of the people; I learned more about the destruction of Tibetan homes and monasteries, on the other hand, in this area as well. One of the most moving experiences I had was at the Muru Gompa, where hundreds of old people were gathered with their prayer wheels and malas reciting mantras. Many of them had been doing daily long life prayers for His Holiness for over three months. I spent a few hours every day on the roof of the

continued on page 13

Calendar of Events

EXHIBITS

The Newark Museum

This permanent exhibition features tents, weapons and fur robes of the nomads; jewelry and painted furniture from Lhasa; dance costumes and musical instruments for monastic festivals; and Buddhist sculpture and painting from the 10th to 19th centuries. The complete Buddhist Altar was consecrated in 1990 by His Holiness, the 14th Dalai Lama. *For information call the Newark Museum at (201) 596-6550*

Philadelphia Museum of Art

March 25 - May 28

Himalayan Paintings for Buddhist Meditation: Visualization of Passion and Enlightenment

The centuries-long isolation of this immense mountainous region allowed the native people to develop a culture free from outside influences, which is evident in this selection from the museum's renowned but rarely seen collection of Buddhist art from Nepal and Tibet. Also on view are a number of ritual objects depicted in the paintings, such as a Lama's apron made of human bone, a rosary, a prayer wheel, a skull cap adorned with gems, and a silver magical dagger. *For further information contact the Philadelphia Museum of Art, (215) 684-7860*

San Francisco Asian Art Museum

July 18 - October 15

Mongol Renaissance: The Legacy of Genghis Khan

Exhibition, catalogue and related programs focus on the art of the second period of Mongolian history and cultural flowering, 16th to early 20th century. The exhibition explores the ways in which Mongols have used their own past to construct a sense of nationhood, one which is at odds with commonly held stereotypes of "barbarian" that had persisted in the West. *For further information contact the Asian Art Museum at (415) 668-8928*

Jacques Marchais Museum of Tibetan Art

Celebrates Fiftieth Anniversary

The Tibetan Museum, 338 Lighthouse Avenue, Staten Island, New York reopens for its fiftieth anniversary on April 1, and will present a special series of programs on Tibetan and other Asian cultures. Calling all artists: visual, performance, literary, etc. to submit work inspired by the museum (or its mission). Please call the museum at (718) 987-3500 to receive a calendar of events and information.

TIBETAN NEW YEAR

TIBET HOUSE BENEFIT CONCERT

Carnegie Hall, N.Y.C.

February 28, 1995, 7:30 p.m. Performers include Fontella Bass, David Byrne, Jimmie Dale Gilmore, Allen Ginsberg, Philip Glass, Gyuto Monks, Spalding Gray, Katell Keineg, Ashley MacIsaac and Natalie Merchant. Tickets are available through *CarnegieCharge* at (212) 247-7800 or at Carnegie Hall, 154 West 57th Street.

NEW YEAR FESTIVAL

Arizona Friends of Tibet

March 4 Tibetan New Year (Losar) Festival at the Plaza of St. Philip in the Hills Episcopalian Church, Tucson. *Contact: Quinn Simpson (602) 743-0441*

June 18-25 Tibet week in Flagstaff, with the first U.S. performance of an all day outdoor Tibetan folk opera and festival. *Contact: Suzan Craig (602) 744-8108*

LOSAR CELEBRATION

Pittsburgh Friends of Tibet

March 2 - 6:00 p.m. Buffet Dinner and Tibetan handicrafts at the Himalayan Tibetan Restaurant, 3531 Forbes Ave, Oakland, PA 15213, Tel: (412) 373-1826

March 10 - 7:30 p.m. Anniversary of His Holiness the Dalai Lama in Exile Film presentation, Friends Meeting House, Shadyside, PA 15206, Tel: (412) 373-1826

LITERATURE FOR FREEDOM

First National Conference of Tibetan Writers

Dharamsala, India

The **Amnye Machen Institute** will hold this conference March 15-17th. The conference, workshops and panel discussions will focus on the role of Tibetan writers in initiating change and progress in Tibetan society. His Holiness the Dalai Lama will present the *Gedun Choephel Award* this year, and every three years it will be given to an outstanding Tibetan writer who has maintained his dedication and courage in the face of persecution and hardship. *For more information contact: A.M.I., McLeod Ganj 176219, Dharamsala, H.P. India, Tel/Fax: 91 (1892) 23073*

CONCERTS

Gyuto Monks Tour Schedule

March	***2*** Town Hall, New York City
	6 - 23 Construction of Butter Sculpture at San Francisco Exploratorium
	20 Bolinas, CA - Community Center
	24 Santa Cruz, CA - Civic Center
	25 Berkeley, CA - Zellerbach Auditorium
	26 Santa Rosa, CA - Luther Burbank Center
	29 Arcata, CA - Van Duser Theatre
	31 Ashland, Oregon
April	***1*** Eugene, Oregon - Hult Center
	2 Cannon Beach, Oregon
	4 Portland, Oregon
	7 Seattle, - 5th Ave. Theatre
	9 Spokane, Washington
	26 San Luis Obispo, CA - Cal Poly
	30 Long Beach, CA - State University
May	***2*** Santa Barbara, CA
	6 Tucson, Arizona
	8 Lake Havasu, AZ
	11 Davis, CA
	12 Nevada City, CA
	13 N. Columbia Cultural Center, CA
	19 Palo Alto, CA Stanford University
	20 San Rafael, CA - Marin Center

36th Anniversary of Tibetan National Uprising Day

New York, New York

March 10 - U.S. Tibet Committee is organizing its annual rally for Tibetan Independence to take place in front of the UN building. *For further information please contact USTC or Students for Free Tibet at (212) 213-5011.*

Gandhian Peace March

The Tibetan community in Dharamsala and Tibet support groups worldwide are undertaking a Peace March from New Delhi to Lhasa. For further information please contact: Tibetan Peace march Movement, c/o Tibetan United Association, McLeod Ganj, Dharamsala, H.P. India.

PERFORMANCE

July 1st & 2nd

The Mandala Dance of the 21 Praises of Tara

Omega Institute, N.Y.

Tibet House will co-sponsor this workshop with the Omega Institute. Prema Dasara, an international teacher and performer of sacred dance, has created ritual dance offerings expressing the ancient wisdom of Tibetan Buddhism. In classes, workshops and performances she will provide many marvelous methods of working with the energies of the mind and body. For further information, call the Omega Institute at (800) 944-1001

In this calendar we try to list a few upcoming events. Please send us any information and we will try to include it in our next issue, space permitting. Deadlines are January 10 and August 10.

The Tibet House Audio Series

We are excited to introduce the first in a new series of recordings which will be available exclusively from Tibet House. We are beginning to edit and duplicate cassette recordings of lectures and conferences given at the **American Institute for Buddhist Studies** and the **New York Open Center** by leading scholars and teachers of Tibetan Buddhism, sciences and philosophy from 1981 on.

Basic Buddhism: Robert A.F. Thurman, PhD.

Designed for the curious, the beginner in Buddhist practice, or the advanced Buddhist who wishes to re-examine the fundamental concepts. Topics include: Buddha, Dharma and Sangha - all delivered with Professor Thurman's unique blend of energy, wit, scholarship and accessibility.

This handsome 4-cassette set, presented in a durable album-box, was recorded in the Fall of 1994 and is available for $38 plus $5 shipping. Please order now by sending your check or money order for $43 to:
Tibet House, 241 East 32nd Street, New York, NY 10016 or call Steven Dempsey at: (212) 213-5592. Please indicate that you are ordering the Basic Buddhism tape set.

The next series will be *Buddhism & Psychotherapy Dialogue: Two Paths or One,* recorded during a Fall 1994 workshop with Mark Epstein, Jack Engler and Robert Thurman. If you would like to be on our mailing list to receive information, please send us your name, address and phone number.

Mandala, continued from page 10

mandalas as they are meant to be visualized by the meditating practitioner. Presented here for the first time is the mandala palace of hundred Buddha-deities of the subtle realm between death and rebirth described in the famous *Tibetan Book of the Dead.* The fourth section explores the physical architecture of Buddhist shrines (stupas, temples, and royal sacred cities, revealed through elevations, plans, cross-sections and photographs), showing how Buddhist societies are structured on the sacred geometries of mandalas. The fifth and final section brings the exhibition to its culmination by revealing the three-dimensional body-mandala, the mandala-palace, and the mandala-cosmos of the Kalachakra ("Wheel of Time") Buddha, forms used in the highest practice of Tantric Buddhism. The visitor is inspired to imagine the vast and beautiful heavenly realms of enlightenment, and comes away with a clear understanding of the relationship between aesthetic experience and architectural environment, and a heightened appreciation of the exquisite art and civilization of Tibet.

Sonam Zoksang, continued from page 11

monastery talking to the old people.

It was difficult for me to deal with the Chinese officials, especially when they discovered that I was a Tibetan living in the U.S.A. They always gave me a hard time and a suspicious frown. Nevertheless, there are no words to describe the feeling of happiness I experienced being in my country, where my ancestors had enjoyed freedom for so many centuries. I hope the prayers that I heard for the return of His Holiness to Tibet are answered soon.

T I B E T A N B U D D H I S M

New!

THE PATH TO ENLIGHTENMENT

by The Dalai Lama,
trans. & ed. by Glenn Mullin
271 pp. $14.95

Snow Lion has also published the following books by H.H. the Dalai Lama:

Bodghaya Interviews
Buddhism of Tibet
Dalai Lama at Harvard
Deity Yoga
Kindness, Clarity, and Insight
Path to Bliss
Path to Enlightenment
Policy of Kindness
Transcendent Wisdom
Union of Bliss and Emptiness

An indispensible reference manual for anyone interested in Tibetan art."—Parabola

TIBETAN THANGKA PAINTING: Methods & Materials

David P. & Janice A. Jackson, art & appendix by Robert Beer
216 pp., large format, $29.95

"Absolutely incredible book, highly recommended."
—Circle of Light

FREE Newsletter and Catalog!

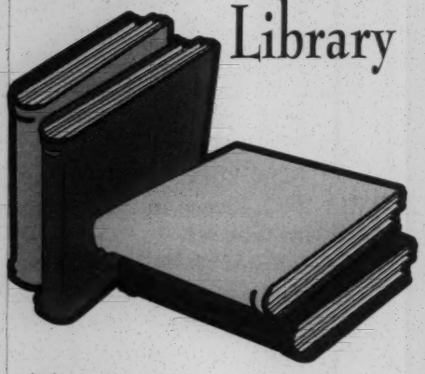
Snow Lion publishes a free quarterly newsletter and catalog containing the latest news on Tibetan Buddhist happenings as well as hundreds of books, cards, audio, music & video tapes, thangkas, statues, jewelry, and dharma practice items! Call the number below to receive your first issue.

Snow Lion is dedicated to the preservation of Tibetan culture.

Snow Lion Publications
PO Box 6483, Ithaca, NY 14851
800-950-0313
607-273-8519

NEW

Tibet House Library



Tibet House would like to thank all its members for their support. We are pleased to inform you of a new service at Tibet House, a lending library specializing in books on Tibet. The library will be open as of March 15, 1995.

There is a section on Tibetan's women's issues, illustrated books for children, travel guide books and photography books. We are also compiling a small collection of turn of the century books on Tibet for use as reference materials.

The library is open to all current members. If you would like to avail yourself of this new resource, please consider joining our membership family.

NOTE: We would like to clarify an editorial error in the Tibet House Drum, Vol. 3 Issue 2. The presentation of the Kalachakra Sand Mandala by monks of Namgyal Monastery, which artist Phuntsok Dorje participated in at the American Museum of Natural History in New York in 1988, was sponsored by Samaya Foundation and the Museum, not by Tibet House, as was reported in the article *Artist in Exile*

Tibet New York Directory

Note: the Potala Publications BookStore formerly located at 241 E. 32nd St., has moved to the **Potala Store**.

Tibetan Craft Stores

Do Kham
51 Prince St.
New York, NY 10012
(212) 966-2404

Himalayan Crafts & Tours
1228 Lexington Ave.
New York, NY 10028
(212) 744-8892

Himalayan Crafts
2007 Broadway
New York, NY 10023
(212) 787-8500

Potala Store
9 East 36 Street
New York, NY 10016
(212) 251-0360

Tibet Bazaar
415 Amsterdam Ave.
New York, NY 10024
(212) 595-8487

Tibet Gift House
49 Prince St.
New York, NY 10012
(212) 219-1989

Tibetan Handicrafts
144 Sullivan St.
New York, NY 10012
(212) 529-4344

Tibet West
19 Christopher St.
New York, NY 10014
(212) 255-3416

Vision of Tibet
167 Thompson St.
New York, NY 10012
(212) 995-9276

Restaurants

The Angry Monk
96 Second Ave
New York, NY 10003
(212) 979-9202

Tibetan Kitchen
444 Third Ave
New York, NY 10016
(212) 679-6286

Tibet Shambala
488 Amsterdam Ave.
New York, NY 10024
212-721-1270

Tibetan Artist Directory

Calligraphy & Tibetan Language
Losang Thonden
5210 Russell Ave NW
Seattle, WA 98107
(206) 784-5680

Cultural Groups
Potala Tib Performing Arts
8 Melbourne St. W
Lindsay, ONT,
Canada K9V2S6

Tib Dance & Opera Co.
P.O Box 46072
San Francisco, CA 94146

Dance
Lobsang Yangphel
5200 N. Sheriden Rd.,2016
Chicago, IL 60642
(312) 275-2875

Music
Lakedhen Shingsur
8 North Bank St.
New Haven, CT 06850
(203) 624-2550

Tubten Tenzin
10 Douglas Drive
Norwalk, CT 06850
(203) 846-1211

Photography
Sonam Zoksang
232 Elizabeth St., #6C
New York, NY 10012
(212) 995-9276

Rug Weaving
Karma Sherab
401 12 Ave., 2nd Floor
Salt Lake City, UT 84103
(801) 539-0840

Sand Mandala
Namgyal Monastery
Institute of Buddhist Studies
412 North Aurora St.
Ithaca, NY 14850
(607) 273-0739

Sculptor & Drawing
Kesang Lamdark
45 Grove St. #B1
New York, NY 10014
(212) 627-1643

Thanka Painting
Phuntsog Dorje
1455 Lexington Ave
New York, NY 10128
(212) 860-7303

Gendun Sakyal
218 B. Maynard St.
Santa Fe, NM 87501
(505) 989-4074

Dhawa Dhondup
5000-22nd Ave. NE, #207
Seattle, WA 98105
(206) 528-2472

Wood Carving
Pampa Tsering
729 Heinz Ave., #10
Berkeley, CA 94710
(510) 644-2735

Thupten Dadak
1409 West Lake St.
Minneapolis, MN 55408
(613) 822-3535

NewYork City Tibetan Buddhist Study Centers

American Institute of Buddhist Studies
623 Kent Hall
Columbia University
New York, NY 10027
(212) 854-3218

Asian Classics Institute
357 West 39th St/#4
New York, NY 10018
(212) 239-4366
Michael Roach

Dharmadhatu of N.Y.
151 West 19th St
7th Floor
New York, NY 10011
(212) 675-6544

Jewel Heart New York
214 East 17th St
New York, NY 10003
(212) 777-6588

Kagyu Dzamling Kunchab
35 West 19th St/5th FL
New York, NY 10011
(212) 989-5989
Lama Norlha

Karma Theksum Choling
412 West End Ave/#5N
New York, NY 10024
(212) 580-9282
Khenpo Karthar Rinpoche

Padmasambhava Buddhist Center
151 Lexington Ave.,#8A
New York, NY 10016
(212) 683 4958
Khenpo Palden Sherab & Khenpo Tsewang Dongyal Rinpoche

Palden Sakya Center
4-10 West 101th St.,#63
New York, NY 10025
(212) 866-4339
Lama Pema Wangdak

Rigpa c/o Vicuri
102 Greene St.
New York, NY 10012
(212) 831-7214
Sogyal Rinpoche

Sakya Jampa Choling Center
61 Grove St.,#4A
New York, NY 10014
(212) 989-1829
Jane Werner-Aye

Tibet Center
359 Broadway, 5th FL
New York, NY 10013
(212) 966-8504
Rato Khyongla Rinpoche
(212) 684-5096

Yeshe Nyingpo
19 West 16th St.
New York, NY 10011
(212) 691-8523
Khenpo Tsewang

Tibet House Board

Rinchen Dharlo, *Chairman*

Robert A.F. Thurman, *President*

Philip Glass, *Vice-President*

Jodie Eastman, *Secretary*

Nena v.S. Schlebrugge, *Treasurer*

Ven. Doboom Rinpoche, *ex-officio*

Gail Gross

Lodi Gyari, *ex-officio*

Peggy Hitchcock

Bokara Legendre

Anna Souza

Tenzin Tethong, *ex-officio*

Virginia Warner

Kalon Kelsang Yeshe, *ex-officio*

Statement of Purpose

Tibet House New York is dedicated to preserving the living culture of Tibet. We feel that the wisdom and art of all nonindustrial civilizations add meaning to life and enrich the emerging global culture. We share a special love for Tibet, its people, its spectacular highland and its civilization of extraordinary beauty. Tibet is called the "Roof of the World" with a landmass the size of Europe; its mountain snows are the source of Asia's greatest rivers. Yet its thousand-year Buddhist civilization of genius, peace and harmony is under threat of imminent extinction. By presenting Tibetan culture and its special art of freedom, we hope to inspire people to join in our effort to save it. Tibet House is part of a world-wide network of similar institutions committed to ensuring that the light of the Tibetan spirit never disappears from the face of this Earth.

Our work is:

- to present to the West Tibet's ancient traditions of art and culture, by creating a Museum Without Walls for the future repatriation of outstanding examples of Tibetan art, and by developing traveling exhibitions, publications and media productions;

- to preserve and restore the full spectrum of Tibet's unique cultural heritage, by developing a photographic archive and a resource library, working with the Internet for wide distribution of information, and providing support to conservation activities within and outside Tibet; and

- to share with the world Tibet's practical techniques of spiritual philosophy and mindscience, human development, intercultural dialogue, nonviolence and peace, by means of programs in cooperation with educational and cultural institutions.

Becoming a Part of Tibet House

Because Tibet House is a member-supported organization, your contribution is essential for the continuation of its efforts. You are invited to become a part of Tibet House and join the expanding, worldwide network of those working to save the culture of Tibet.

We want to thank those of you who have continued your membership. If you have not yet renewed your membership, please do it today! Your commitment will make a difference.

As a not-for-profit, membership-based organization, we often depend on volunteers to help us with a variety of projects. We welcome your volunteer assistance throughout the year and for the annual benefit concert.

Tibet House also offers internships in archiving, exhibition planning, research and other areas in which we have ongoing programs.

I would like to support Tibet House New York

Here is my contribution of $

Name

Address

City/State/Zip

Telephone

Services I can offer:

Is this a renewal?

Annual Support Level
Student with ID and Senior Citizens: $35
Basic Membership: $50-$200
Benefactor: $200-$1,000
Friend: $1000+
Patron: $3000+
Angel: $5,000+

My annual membership contribution is $.....

We have also begun an Endowment Fund to assure long-term continuity and to create a permanent Tibet House building in New York City.
I would like to contribute $..... toward the Capital Campaign Endowment Fund.

One-time contributions may be earmarked for specific projects. I would like to contribute $..... towards ☐ Education, ☐ Museum, or ☐ Conservation Foundation.

Member & Student: Tibet House Newsletter + 10% Discount on books, lectures & workshops.
Benefactor: All of the above + 15% discount + invitations to special events.
Friend, Patron & Angel: All of the above + 30% discount + reserved seating at special events.

Order your copy of

Wisdom and Compassion: The Sacred Art of Tibet

A special soft-cover edition of this state-of-the-art catalogue is available through Tibet House. This volume illustrates, explains and celebrates 160 of the finest and most beautiful examples of Tibetan art. The text breaks new ground in the scholarship of Buddhist art and thought by offering unprecedented insights into the religious meaning and use, iconography and aesthetics of the tanka paintings, sculptures and mandalas pictured. $40.00 (plus $5.00 shipping & handling). Hard-cover edition: $60.00 (plus shipping & handling). Written by Marylin Rhie and Robert A.F. Thurman, with 278 illustrations beautifully photographed by John Taylor.

Wisdom and Compassion Poster

Exquisite, limited edition four-color poster of detail from Paramasukha- Chakrasamvara Father-Mother tanka shown on cover of catalogue (23"x36") $10.00 (plus $5.00 shipping & handling).

Perfect gifts for any occasion!
Make your check payable to Tibet House.

Tibet House New York
241 East 32nd Street
New York, NY 10016
Tel: (212) 213-5592
Fax: (212) 213-6408

Non-Profit Org.
U.S. Postage
Paid
New York, N.Y.
Permit No. 4946

MR. ANTHONY V. LEITNER
VICTORY CENTER STA.
PO BOX 9819
NORTH HOLLYWOOD CA 91609-1819